



RECYCLE

AN

OLD HABIT



AUGUST WELL-BEING TOOLKIT

Thrive



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Who says you have to wait until the new year to change an old habit? For many people, August can be a time for change. Summer will soon be over, and the kids will be starting school before you know it. That's why this month we are encouraging you to recycle an old habit you can't shake and adopt a new one that enhances your well-being. There's no better time to start than now!

Thrive's toolkit this month will focus on solutions aimed at enhancing wellness within each of the six pillars (Purpose, Physical, Emotional, Financial, Community and Social). Read about ideas for each pillar that will help you during your journey of recycling your old habit and adopting a new one (plus some bonus features). Remember to have fun and be creative. Keep in mind that quitting an old habit is a process and may take some time, so multiple resources are provided in this toolkit to help keep you on track. Look at this as a great opportunity to start fresh. No change is too big or too small!



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Can't think of a habit you want to change?

No problem!
Here are a few ideas to get you started:

Quit Fast Food

Adopt healthy options instead. Something as simple as incorporating more fruits and vegetables or bringing your lunch to work will make a huge difference.

Quit Inactivity

Adopt a movement plan. Something enjoyable for you.

Quit Negative Thinking

For every negative thought you have, think of a positive thought.

Quit Your Regular Routine

Try something new and fun.



Bonus:

Get Your Garden On. Accomplish all of these habit changes by starting your own garden. Playing in the dirt creates lots of positive vibes. Here's a guide on what you can add to your garden in August to prepare for fall. There are a lot of leafy greens like lettuce and spinach in a fall garden so get ready for some fresh salads!

For the garden lovers, here are some tips on fall gardening:

<http://20-30somethinggardenguide.com/create-a-fall-vegetable-garden/>

For the gardeners with a small amount of space, here's a video on small space gardening:

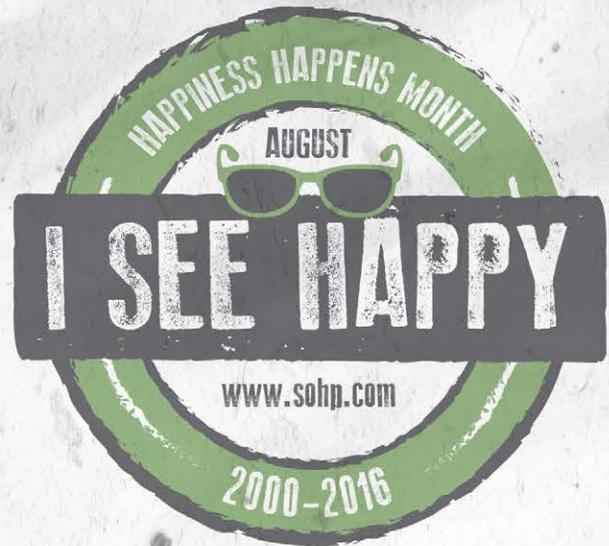
<http://www.growingagreenerworld.com/bhg024-your-cool-season-veggie-garden-the-best-part-of-fall/>



Emotional

DID YOU KNOW? August is Emotional Happiness Happens Month

Reflect on the emotional toll that your old habit may be taking on your health. Imagine this burden being lifted off your shoulders as you move forward with your new habit. How does this change your daily life and your emotional well-being? What other ways can this new habit benefit your health? If you feel comfortable, post your ideas online with the hashtag #ThriveOK.



Bonus

Celebrate Happiness Happens Month by catching the next meteor shower. Perseids happens between Aug. 11-13 and is one of the most prominent meteor showers of the year. It is best viewed between midnight and predawn and comes from the northeast. Try taking the family camping that weekend and stay up late or get up early to enjoy the show.

<http://www.timeanddate.com/astronomy/meteor-shower/perseid.html>



Social

This is a great opportunity to improve your social well-being.

-  Find some new friends that enjoy your new habit.
-  Encourage old friends to join you in your change.
-  Find an organization that supports your new habit.
-  Post your ideas and thoughts online with the hashtag **#ThriveOK** and get connected!



Purpose

Time to reflect on your legacy –

What choices can you make to contribute to your legacy and pass down to your children? Use this month to make a choice that can impact how you and how your children live.



Reflect:

Think about how your old habit has contributed to your legacy so far.

Revise:

How can your new habit impact your legacy?

Post:

Post your ideas online with the hashtag **#ThriveOK**.

Old habits can cost you big.

Your old habit is probably costing you in one way or another. A great way to recycle that old habit is by doing the math and seeing how much it's costing you each month. You might be more motivated if you know you're saving money.

If your old habit costs you money, budget out the money you are spending on your old habit and begin to use it towards your new habit. Example: If you want to quit eating fast food, add up the amount you spent on fast food last month and use it towards eating healthier this month.

If your old habit doesn't cost anything, think about how you may be saving physically or emotionally by recycling it. Example: Inactivity is costing you your health and can lead to chronic diseases which will definitely cost you money in healthcare costs down the road.



If your new habit requires less or no money, you can start putting the extra cash towards savings. Who doesn't love eliminating unnecessary expenses? Example: Quit tobacco and adopt deep breathing, meditation or yoga.

If your new habit requires more money, think of the expense as an investment in your health. In the long run you will get so much more out of a gym membership than you would spending that time on the couch. If you want to eliminate the cost, think of other free ways to incorporate your new habit.

Example: Taking a walk outside or adopting an in-home exercise routine instead of getting a gym membership.

Bonus:

An easy way to budget is through an app. This allows you to track your expenses and manage your money accordingly. You can use it to fully understand how much you spend on your current habit each month (as well as other expenses) and from there you can begin to allocate that money towards your new habit (or something else).

A budgeting app is also a great way to make sure you stay on track with your new habit. There are many budgeting apps available for you to choose from. A good idea is to read online reviews to find the one that best suits your needs.



Physical

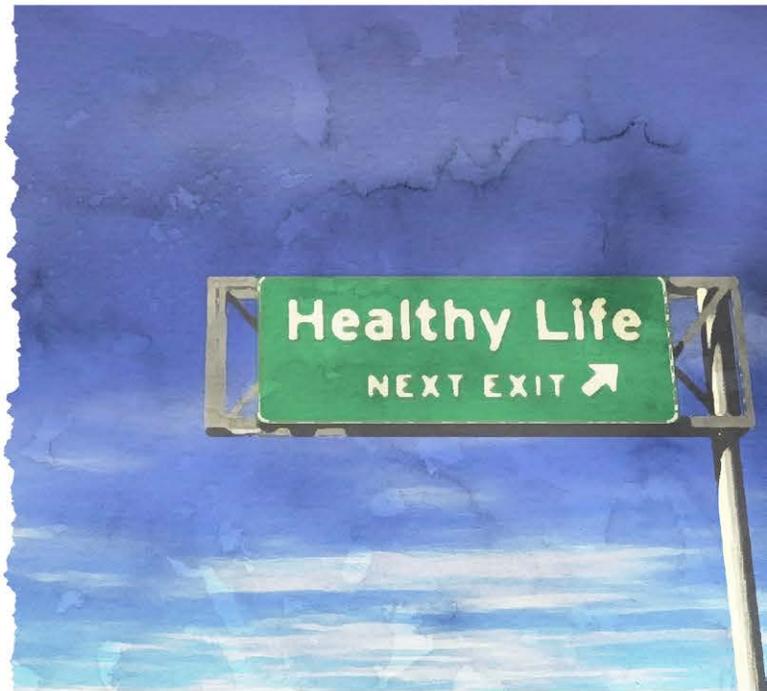
Try to think of ways your old habit could be impacting your health.

Is there a physical toll it takes on you every week or even every day? Now, think about your new habit and how it might impact your health. Remember to look beyond the physical changes that may be occurring. How will this new habit make other physiological changes (like lowering stress levels)?

Bonus:

August is National Immunization Awareness Month. Are you in the habit of not going to the doctor as much as you should? Make an appointment with your PCP this month or use the map provided in the link below to find your county health department and get up-to-date on your immunizations.

https://www.ok.gov/triton/modules/health/map/county_map.php



Adult schedule printable:

<http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Children 7-18:

<http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf>

Birth-6 yrs:

<http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>

Don't need the shot? Focus on improving your physical health in a different way. Try finding a healthy new food you haven't tried before or doing a new workout. If you would like, post your updates online using the hashtag **#ThriveOK**.

